

**CLAIMS**

1. Pharmaceutical, dietetic or nutritional compositions comprising:
  - one or more polycosanols or esters thereof, either pure or as extracts;
  - 5 - tocotrienol and/or lycopene, preferably tocotrienol;
  - one or more procyanidole oligomers optionally complexed with phospholipids;
  - a vegetable oil rich in  $\omega$ -3,  $\omega$ -6 unsaturated fatty acids.
2. Compositions as claimed in claim 1, in which the vegetable oil is  
10 selected from *Enothera biennis*, *Ribes nigrum* or *Portulaca oleracea* oil.
3. Compositions as claimed in claim 2 in which the vegetable oil is *Enothera biennis* oil.
4. Compositions as claimed in any one of claims 1-3, further containing luteolin either per se or in the form of 7,3',4'-hydroxyethyl derivatives.
- 15 5. Compositions as claimed in any one of claims 1-4 in which polycosanols are esterified with ferulic acid or other variously substituted cinnamates.
6. Compositions as claimed in any one of claims 1-5 in which procyanidole oligomers derive from *Vitis vinifera*, *Camellia sinensis*, *Aesculus*  
20 *hippocastanum*, *Olea europea*.
7. Compositions as claimed in any one of claims 1-6, comprising 5 to 30 mg of polycosanols, 1 to 50 mg of tocotrienol or lycopene, 100 to 320 mg of proanthocyanidins complexed with phospholipids, 150 to 300 mg of vegetable oil, per unitary dosage form.
- 25 8. The use of a combination of:
  - one or more polycosanols, in the free or esterified form, either pure or extracts containing them;
  - tocotrienol and/or lycopene, preferably tocotrienol;

- one or more procyanidole oligomers optionally complexed with phospholipids;
- a vegetable oil rich in  $\omega$ -3,  $\omega$ -6 unsaturated fatty acids.

for the preparation of hypocholesterolemizing and/or anti-atherosclerotic

5 pharmaceutical, dietetic or nutritional compositions.